



**BRUCE A. BLAKEMAN**  
NASSAU COUNTY EXECUTIVE

# WATER SAFETY INSTRUCTOR COURSE



## PREREQUISITES

- 16 years old
- Float/Scull on back for 1 minute and Tread for 1 minute
- Demonstrate proficiency in all 6 strokes 25 yards
  - Front Crawl
  - Back Crawl
  - Breaststroke
  - Sidestroke
  - Elementary Backstroke
  - Butterfly (15 yards)

## WHAT TO EXPECT

- In water teachings
- Online coursework
- Stroke decomposition and refinement
- Teaching Techniques for each stroke

## TO SUCCEED

- Participate in all scheduled meetings
- Pass all practice teaching assignment
- Finish assigned online assignments.
- Get at least an 80% on final exam.

## PRICE

*The course, books and certification is \$325. Pre-test is 12/6 at 7:00pm – 8:30pm.*

## DATES

Monday .....	December 26 <sup>th</sup>	..... 10:00am-4:00pm
Tuesday .....	December 27 <sup>th</sup>	..... 10:00am-4:00pm
Wednesday .....	December 28 <sup>th</sup>	..... 10:00am-4:00pm
Thursday .....	December 29 <sup>th</sup>	..... 10:00am-4:00pm
Friday .....	December 30 <sup>th</sup>	..... 10:00am-4:00pm

## REGISTRATION

Scan QR code to view online, the course is located under **LIFEGUARD TRAINING**

Payment will be due after pre-course on 12/6.



## CONTACT

[RSmith1@nassaucountyny.gov](mailto:RSmith1@nassaucountyny.gov)  
Subject: WSI Course

## NASSAU COUNTY AQUATIC CENTER

Eisenhower Park | Merrick Ave, East Meadow | 516-572-0500 | [www.nassaucountyny.gov/agencies/Parks](http://www.nassaucountyny.gov/agencies/Parks)

